



## Oils

27 grams (6 tsp)

1 tsp equivalent is: 1 tsp. soft margarine, butter or oil, 1 Tbsp. low-fat mayo, 2 Tbsp. light salad dressing

## Maximum SoFAS

258 calories

Solid fat (d) 18 grams  
Added Sugars 2 Tbsp + 2 tsp This is equivalent to 1 oz. jelly beans, 16 oz. lemonade

The *Dietary Guidelines for Americans, 2010* is intended for Americans ages 2 years and older, including those who are at increased risk of chronic disease. The *Dietary Guidelines for Americans, 2010* includes recommendations based on the most recent evidence-based review of nutrition science. Two overarching concepts emerge from these recommendations: maintain calorie balance to achieve and sustain a healthy weight; and focus on nutrient-dense foods and beverages.



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### Sources:

[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

The Pennington Biomedical Research Center is a world-renowned nutrition research center.

### Mission:

To promote healthier lives through research and education in nutrition and preventive medicine.

The Pennington Center has several research areas, including:

- Clinical Obesity Research
- Experimental Obesity
- Functional Foods
- Health and Performance Enhancement
- Nutrition and Chronic Diseases
- Nutrition and the Brain
- Dementia, Alzheimer's and healthy aging
- Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at [www.pbrc.edu](http://www.pbrc.edu) or call (225) 763-3000.